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1991

W.O. Atwater Memorial Lecture

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Why Calories Count

By Dr. R. Gaurth Hansen

11 a.m., Sunday, June 2, 1991

Room W107

Dallas Convention Center

650 South Griffin Street

Dallas, Texas

presented by

The Agricultural Research Service

United States Department of Agriculture

in cooperation with

The Institute of Food Technologists

R. Gaurth Hansen is Distinguished Provost Emeritus and Distinguished Professor Emeritus of Nutrition and Food Sciences and Biochemistry at Utah State University.

Dr. Hansen is internationally known for his many contributions in evaluating the nutritional quality of foods. His nutrient density concept, which bases nutrient values on 1,000 calories instead of 100 grams, expresses the relative value of foods in a way consumers can understand and has been widely adopted. The concept has become the subject of a book, a nutrition education curriculum for elementary school students, and continuing education materials for the American Dietetic Association.

Dr. Hansen has been a strong proponent of nutrition education throughout his career. As chairman of the biochemistry department at Michigan State University from 1957 to 1968, he built a first-rate program in nutritional biochemistry, including a new facility.

He has chaired and served on scientific advisory boards for the U.S. Department of Agriculture, Public Health Service, Agency for International Development, Department of Defense, the National Research Council, the National Livestock and Meat Board, the American Institute of Baking, and the American Medical Association. In 1977, he led a task force to evaluate the U.S. Senate report, "Dietary Goals for the United States."

His interest in improving human nutrition has also spanned the globe. As a consultant to the U.S. Public Health Service in the 1950's and 60's, Dr. Hansen helped establish laboratories and review the health and nutrition status of developing countries on three continents. In the 1980's, he was a primary organizer of the International Network of Food Data Systems, or INFOODS.

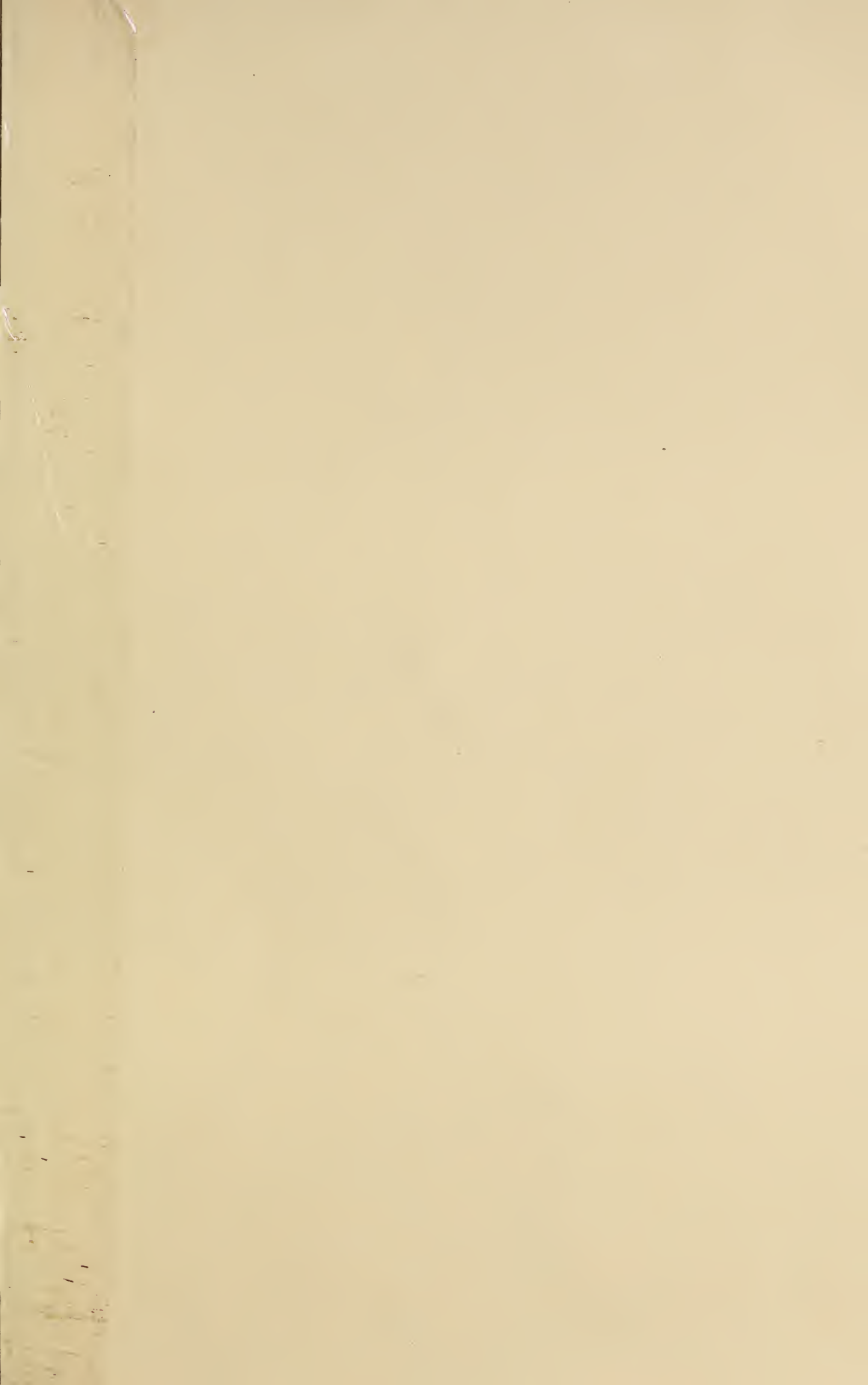
His many honors include the Conrad A. Elvehjem Award for Public Service in Nutrition (1988) and the Borden Award (1968) of the American Institute of Nutrition. He also received the Gerald R. Sherratt Special Recognition Award (1984) and the Robins Award (1976) from Utah State, an honorary D.Sc. (1982) from Southern Utah State University, and the University of Michigan's Sesquicentennial Award (1967).

The W.O. Atwater Memorial Lectureship was established in 1968 by the Agricultural Research Service to honor the memory of a great scientist and to recognize scientists who have made unique contributions toward improving the diets of people around the globe.

Wilber Olin Atwater (1844-1907) was the foremost pioneer in nutrition research and education in the United States, and he was USDA's first chief of nutrition investigations. He is generally considered the father of modern human nutrition in this country because of his early research on nutrients, proteins, and food composition.

The Agricultural Research Service, the principal scientific research agency in the U.S. Department of Agriculture, helps provide knowledge and technology for the benefit of American farmers and consumers. The research includes promoting optimum human health and well-being through improved nutrition and family resource management.

The Institute of Food Technologists is a professional scientific society devoted to improving the world's foods through the discovery of new knowledge and the application of existing knowledge. Its 25,000 members are active in academic, industrial, and government organizations.



Previous Lecturers

1990, Alfred E. Harper, E.V. McCollum Professor of Nutrition, University of Wisconsin, before the American Institute of Nutrition at the annual meeting of the Federation of American Societies for Experimental Biology

1989, Helen A. Guthrie, Professor and Head, Nutrition Department, The Pennsylvania State University, before the Society for Nutrition Education

1988, John E. Kinsella, Liberty Hyde Bailey Professor of Food Chemistry and General Foods Distinguished Professor of Food Science, Cornell University, before the Institute of Food Technologists

1987, Malden C. Nesheim, Director, Division of Nutrition, Cornell University, before the American Institute of Nutrition at the annual meeting of the Federation of American Societies for Experimental Biology

1986, Elsie Widdowson, Department of Medicine, Addenbrooke's Hospital, Cambridge England, before the Joint Meeting of the American Institute of Nutrition, American Society of Clinical Nutrition, and Canadian Society of Nutrition Science

1985, Mark Hegsted, Professor of Nutrition, New England Regional Primate Research Center, before the American Institute of Nutrition

1984, Harold H. Sandstead, Director, North Atlantic Area, Human Nutrition Research Center on Aging at Tufts University, before the American Dietetic Association

1983, George H. Beaton, Professor of Nutrition Science, Faculty of Medicine, University of Toronto, before the Western Hemisphere Nutrition Congress

1982, Edwin M. Foster, Director, Food Research Institute, University of Wisconsin, before the Institute of Food Technologists

1981, Joaquin Cravioto, Professor of Pediatrics and Scientific Director, National Institute for Children's Health Sciences and Technology, Mexico City, before the International Congress of Nutrition

1980, Ancel Keys, Professor, Division of Epidemiology, University of Minnesota, before the Western Hemisphere Nutrition Congress

1979, **Hector F. DeLuca**, Professor, Department of Biochemistry, University of Wisconsin, before the American Institute of Nutrition

1978, **Robert E. Olson**, Professor, Department of Biochemistry, St. Louis University, before the American College of Physicians

1977, **Nevin S. Scrimshaw**, Institute Professor and Head of the Department of Nutrition and Food Science, Massachusetts Institute of Technology, before the Western Hemisphere Nutrition Congress

1976, **Emil M. Mrak**, Chancellor Emeritus, University of California at Davis, before the American Chemical Society

1975, **William J. Darby**, President, The Nutrition Foundation, Inc., before the American Dietetic Association

1974, **J. George Harrar**, President Emeritus, Rockefeller Foundation, before the American Association for the Advancement of Science

1973, **Marina v.N. Whitman**, Professor of Economics, University of Pittsburgh, before The American Home Economics Association

1971, **Jean Mayer**, Professor of Nutrition and Lecturer on the History of Public Health, Harvard University, before the National Biological Congress

1970, **Philip Handler**, President, National Academy of Sciences, and Chairman of the National Research Council, before the International Congress of Food Science and Technology

1969, **Albert Szent-Gyorgyi**, Director, Institute for Muscle Research, Marine Biological Laboratory, Woods Hole, Massachusetts, before the American Chemical Society

1968, **Artturi I. Virtanen**, Director, Biochemical Research Institute, Helsinki, Finland, before the Federation of American Societies for Experimental Biology

